

Pool Schedule

September 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-11:30am All Lap Lanes Open	5:00am-9:00am All Lap Lanes Open	5:00am-10:00am All Lap Lanes Open	5:00am-9:00am All Lap Lanes Open	5:00am-10:00am All Lap Lanes Open	5:00am-9:00am All Lap Lanes Open	6:00am-9:00am All Lap Lanes Open
11:30am-2:30pm Swim Lessons (3 Lanes) Lap Swim (3 Lanes)	9:00am-10:00am H2O Easy Does It (3 Lanes) Lap Swim (3 Lanes) Ends 9/7/09	10:00am-11:00am H2O Easy Does It (3 Lanes)	9:00am-10:00am H2O Easy Does It (3 Lanes) Lap Swim (3 Lanes) Ends 9/7/09	10:00am-11:00am H2O Easy Does It (3 Lanes)	9:00am-10:00am H2O Easy Does It (3 Lanes) Lap Swim (3 Lanes) Ends 9/7/09	9:00am-12:00pm Swim Lessons All Lanes
	10:00am-10:30am Swim Lessons (2 Lanes) Lap Swim (4 Lanes)	Lap Swim (3 Lanes)	10:00am-10:30am Swim Lessons (2 Lanes) Lap Swim (4 Lanes)	Lap Swim (3 Lanes)	10:00am-10:30am Swim Lessons (2 Lanes) Lap Swim (4 Lanes)	12:00pm-1:00pm H2O Class (3 Lanes) Lap Swim (3 Lanes)
	10:30am-2:45am All Lap Lanes Open	11:00am-3:00pm All Lap Lanes Open	10:30am-2:45am All Lap Lanes Open	11:00am-3:00pm All Lap Lanes Open	10:30am-2:45am All Lap Lanes Open	
	2:45pm-5:10 Swim Lessons & Family Swim (3 Lanes) Lap Swim (3 Lanes)	3:00pm-5:45 Swim Lessons (3 Lanes) Lap Swim (3 Lanes)	2:45pm-5:10 Swim Lessons (3 Lanes) Lap Swim (3 Lanes)	3:00pm-5:45 Swim Lessons (3 Lanes) Lap Swim (3 Lanes)	2:45pm-5:10 Swim Lessons (3 Lanes) Lap Swim (3 Lanes)	1:00pm-4:00pm Swim Lessons All Lanes
2:30pm-5:00pm Family Swim (2 Lanes) Lap Swim (4 Lanes)	5:15pm-6:15pm H2O Class (4 Lanes) Lap Swim (2 Lanes)	5:45pm-6:45pm Adult Swim Lessons & Swim Team (3 Lanes)	5:15pm-6:15pm H2O Class (4 Lanes) Lap Swim (2 Lanes)	5:45pm-6:45pm Adult Swim Lessons & Swim Team (3 Lanes)	5:15pm-6:15pm H2O Class (4 Lanes) Lap Swim (2 Lanes)	4:00pm-4:30pm Swim Team (1 Lane) Family Swim (2 Lanes) Lap Swim (3 Lanes)
	6:30pm-7:30pm Master Swim	Lap Swim (3 Lanes)	6:30pm-7:30pm Master Swim	Lap Swim (3 Lanes)		4:30pm-7:00pm Family Swim (2 Lanes) Lap Swim (4 Lanes)
	7:30pm-10:00pm Family Swim (2 Lanes) Lap Swim (4 Lanes)	6:45pm-10:00pm Family Swim (2 Lanes) Lap Swim (4 Lanes)	7:30pm-10:00pm Family Swim (2 Lanes) Lap Swim (4 Lanes)	6:45pm-10:00pm Family Swim (2 Lanes) Lap Swim (4 Lanes)	6:15pm-10:00pm Family Swim (2 Lanes) Lap Swim (4 Lanes)	

Nuuanu YMCA

1441 Pali Highway, Honolulu, HI 96813 808.536.3556 Fax 808.521.1181 www.ymcahonolulu.org



Nu'uano YMCA H2O Fitness and Recreational swim

Lap Swim: Available times for members to swim /exercise in a lane. If 3 or more members are in the same lane, please remember to circle swim. Please choose the lane that best suits your swimming ability. Maximum 6 swimmers per lane.

Masters Swim: The Master Swim Team is for all abilities of swimmers from the novice to the competitive. The Master group train in an environment to develop more proficient stroke technique and to better ones physical conditioning. Whether you are swimming for fitness or training for a triathlon, our swim coach is there to provide you with what you need. The program runs year!

Family Swim: Family members may use the pool at this time for fun and recreation. Please make sure infants are wearing a swim diaper. Also remember family swim participants are to use the family locker room. – Family Membership required.

H2O Aerobics: Ideal for those wanting a less weight bearing, low impact exercise that uses water as resistance. Ideal for anyone recovering from injuries or whom may have any physical limitations. Use of aqua bells, joggers, noodles will be used. T-shirt cover ups are acceptable. Aqua shoes/gloves are optional. Bring water bottles.

H2O Easy Does It: This basic aqua-exercise class is gentle on the joints, focuses on mobility, strength and improvement of dexterity. Minimal cardio. ALL LEVELS. AOA

H2O Fit: This class is slightly higher in intensity by incorporating more deep water training. Great for those wanting a cross training format to compliment land workouts!

Nu'uano YMCA Swim Lesson and Swim Team Programs

Youth Swim Lessons: These classes are designed to teach participants ages 6 months to 12 years of age self confidence while developing their water skills. Our swim instructors encourage water safety, personal growth, stroke development, and fun. Parents must accompany their child to each swim lesson.

Nu'uano YMCA Swim Team: The Nu'uano YMCA swim team will strive to build endurance, self-confidence and discipline, in a fun, family atmosphere. Emphasis will be placed on the four competitive strokes, racing turns, racing starts, use of pace clock, endurance and technique. As for competition, Nu'uano will be participating in swim meets with other YMCA's through out the island. Participants must be able to swim Freestyle, Backstroke, and Breaststroke for 100 yards each without stopping and 50 yards of Butterfly without stopping. Ages 6-18. Tryouts are required and can be arranged with Omar Zaldana in the Aquatics Department at 541-5251.

Adult Swim Lessons: Designed to teach adults the necessary skills to safely enjoy the water and learn basic strokes. Classes will start on the 1st Tuesday or Thursday of the month and end on the last Tuesday or Thursday of the month. All levels of experience welcome, ages 13 years and older. Please see the following descriptions:

Tuesday (Intermediate Class): for participants who can swim at least 25 yards (the length of the pool). The class goes over stroke refinement and

possibly cover other strokes such as Backstroke, Breaststroke and Butterfly (depending on the participants).

Thursday (Beginner Level): for participants who cannot swim the length of the pool. The class goes over water adjustment to basic freestyle.

Individual Swim Lessons and Buddy Swim Lessons: All ages welcome, these courses are designed to teach swimming on a 1 on 1 basis and help accelerate swimmers in reaching their goals. Perfect for all ages, we also offer a 2 student 1 instructor class for those that want to learn along side a friend or loved one. Individual swim lessons and Buddy swim lessons can be arranged with the Nu'uano YMCA aquatics department at 541-5251 with Omar Zaldana.

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